



Choking ~ 4 Minutes To Live!

LOOK

- Hand on Neck
- Cannot Speak or Breathe
- Turns Blue
- Collapses

ACT

CALL 9-1-1 IMMEDIATELY!

STANDING

- Stand behind victim and wrap your arms around their waist
- Place your fist with the thumb side against the victim's abdomen above the naval and below the rib cage
- Grasp your fist with your other hand and press into the victim's abdomen with a quick upward thrust

LYING

- Place victim lying on their back
- Facing victim, kneel astride the thighs
- With one of your hands on top of the other, place the heel of your bottom hand on the abdomen slightly above the naval and below the rib cage
- Press into the victim's abdomen with a quick upward thrust

INFANTS & CHILDREN

Call 9-1-1 IMMEDIATELY!

If you can see the object in the infant's mouth, perform a finger sweep to remove it.
Do Not perform a sweep in an infant's mouth if an object cannot be seen.

If an infant chokes or becomes unconscious:

- Place the child face down over the lower part of your arm
- With the baby's head angled down, rest your arm over your thigh
- Using the heel of your hand, give 5 quick, firm blows between the shoulder blades
- If the object does not dislodge, turn the child over, support with your arm resting on your thigh, and with the baby's head angled down, use 2 fingers to press the breastbone 5 times
- Repeat the procedure as often as necessary until EMS arrives

This information is not intended as a substitute for professional medical advice, emergency treatment or formal first-aid training. Don't use this information to diagnose or develop a treatment plan for a health problem or disease without consulting a qualified health care provider. If you're in a life-threatening or emergency medical situation, seek medical assistance immediately.